



BULLYING SURVEY: FORM B

Instructions: Please help make your school a better place to live, grow, and learn by answering some questions about the way people act toward one another in the school. Your answers will help your teachers, principals, and counselors learn more about the way this school “feels” to you and your friends. There are no right or wrong answers to any of the questions. We want to know what you really think about the way things are at your school.

Your answers will be kept strictly confidential. This means that no one will know your name, the name of any of your classmates, or of your teachers. Again, the idea of the survey is to learn how you see your school so that adults in the building, together with you, can design a more student-friendly school!

Bullying definition: We want to know what **you** think about bullying, but you can start by thinking of bullying as one or a group of students picking on another student or treating them in a way that they do not like.

A. ABOUT YOU

Sex (circle one): FEMALE MALE Age (years) _____ Grade _____

B. BULLYING AT SCHOOL

Please answer the questions as directed.

1. Have you ever been bullied by other students (during any school year)? Circle your answer below (circle only one).

YES

NO

2. During which school year were you most troubled by bullying? Write a grade in the blank space.

Worst grade for bullying: _____ (It does not have to be at this school.)



Please use the following scale when you answer the next group of questions about bullying (Numbers 3–10).

- 0 = has not happened this past month
1–2 = has happened 1 or 2 times this past month
3–4 = has happened 3 or 4 times this past month
more = has happened more often than 4 times this past month

Remember, circle 1, 2, 3, or 4, depending on how often these things have happened over the past month. All of the items and questions refer to what happens to you at school or on the way to and from school.

3. How often have you been bullied at school **over the past month**?

How often this month? (circle only one): 0 1–2 3–4 more

4. How often have you been physically attacked, **over the past month** (at school)? That is, how often have you been hit, kicked, punched, pinched, tripped, or something like these?

How often this month? (circle only one): 0 1–2 3–4 more

5. How often have you been touched by someone in a way you did not like **over the past month** (at school or on the way to and from school)?

How often this month? (circle only one): 0 1–2 3–4 more

6. How often have you been teased over the past month (at school)?

How often this month? (circle only one): 0 1–2 3–4 more

7. How often during **the past month** has someone said something cruel to you either at school or on the way to and from school?

How often this month? (circle only one): 0 1–2 3–4 more

8. During the past month, how often has someone excluded you on purpose? That is, how often has someone kept you out of things you'd like to do?

How often this month? (circle only one): 0 1–2 3–4 more

9. How often over the past month has someone played a practical joke on you?

How often this month? (circle only one): 0 1–2 3–4 more

10. How often over the past month has someone left you out of activities or refused to play or socialize with you?

How often this month? (circle only one): 0 1–2 3–4 more

**C. WHO DOES THE BULLYING?**

1. Over the past month, the bullying I received was from (check only one box):

No one, I was not bullied.	I was bullied mostly by boys.	I was bullied mostly by girls.	I was bullied by both boys and girls.
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2. The age of kids who bullied me was (check only one box):

No one, I was not bullied.	Only kids younger than me.	Only kids my own age/grade.	Both younger and older kids.
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3. If you were bullied, how well did school officials handle it? (Check only one box.)

I was not bullied over the past month.	Adults at school did not deal with the bullying at all.	Adults at school handled the bullying poorly.	Adults at school handled the bullying well.
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4. How well do school officials handle the bullying of others you have seen at your school? (Check only one box.)

I never saw anyone bullied.	Adults at school did not deal with the bullying at all.	Adults at school handled the bullying poorly.	Adults at school handled the bullying well.
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5. Overall, how would you rate the efforts of adults at your school to prevent students from picking on one another? (Check only one box.)

Very good	Good	Poor	Very Poor
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6. Overall, how would you rate the efforts of adults (teachers/principal) to make your school a safe place in which to learn? (Check only one box.)

Very good	Good	Poor	Very Poor
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**D. WHERE DOES THE BULLYING OCCUR?**

Put an X in each box that describes a place at school, or coming to and from school, where you have been bullied this past month (if any). Check all that are true for you.

1. On the school bus ☐
 2. Playground ☐
 3. Walking to or from school ☐
 4. Classroom ☐
 5. Lunch room ☐
 6. Hallways ☐
 7. Gym ☐
 8. Locker room ☐
 9. Other (you write in *places* where you've been picked on)
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-
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E. ATTITUDES ABOUT BULLYING

Please show how much you agree or disagree with the following statements:

1. Most teasing I see is done in fun, not to hurt people.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

2. Most students who get bullied bring it on themselves.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

3. Bullying helps people by teaching them what is important to the group.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

4. Bullying helps people by making them tougher.

How much do you agree? (circle one)

agree very much agree disagree disagree very much



PLEASE WRITE ANYTHING YOU'D LIKE TO ADD ABOUT BULLYING AT YOUR SCHOOL BELOW.

THANK YOU FOR COMPLETING THE SURVEY.



BULLYING SURVEY: FORM P

Instructions. Please help us make our school a better place to live, grow, and learn by answering questions about the way you learn and about the way that people act toward one another at school. Your answers will help your principal, teachers, and counselors learn more about how you feel about school and how to make it a good place to grow and learn.

Your answers will be kept strictly confidential. This means that no one will know your name, the name of your school, the name of any of your classmates, or of your teachers. Again, the survey is to learn how you see your school so that adults in the building, in partnership with you, can design a more student-friendly school!

Bullying definition: We want to know what **you** think about bullying, but you can start by thinking of bullying as one or a group of students picking on another student or treating them in a way that they do not like.

Below you will find two sets of questions. One set of questions deals with the amount of time your teachers have spent on certain activities over the past month. The second set of questions asks you to rate how worthwhile the activities were. **There are no right or wrong answers!**

PART A. ABOUT YOU

Sex (circle one): FEMALE MALE Age (years) _____ Grade _____

PART B. ACTIVITIES

Please use the following scale to rate the amount of time any teacher or other adult at school (principal or counselor) has spent performing the described activities over the past month.

0 = no adult at school did this

1 = one class period was spent on this activity

2–5 = two to five class periods were spent on this activity

more = more than five class periods were spent on this activity

1. Working on activities related to how people get along with one another

How many class periods? (circle only one): 0 1 2–5 more

2. Talking about bullying or students picking on one another

How many class periods? (circle only one): 0 1 2–5 more

Please turn to the next page and continue the survey.



3. Reprimanding students for misbehavior toward one another

How many class periods? (circle only one): 0 1 2-5 more

4. Discussing interpersonal relationships or social relationships (talking about how people get along with each other)

How many class periods? (circle only one): 0 1 2-5 more

5. Talking about how the different races get along at school

How many class periods? (circle only one): 0 1 2-5 more

6. Working on how males and females (boys & girls) get along together in the school

How many class periods? (circle only one): 0 1 2-5 more

7. Discussing teasing, mocking, or making fun

How many class periods? (circle only one): 0 1 2-5 more

Quality of school activities. Use the following scale to rate how useful the following activities were to **you**, in your personal life, as you learn to get along with others. Mark "0" if the listed activity was **not done** in school over the past month.

0 = the activity was not done

1 = the activity was done but was not helpful to you

2 = the activity was helpful to you

1. Activities related to learning about how students get along

How useful? (circle only one): 0 1 2

2. Class talks about bullying or why students pick on one another

How useful? (circle only one): 0 1 2

3. Talks about, or activities related to, teasing or mocking

How useful? (circle only one): 0 1 2

4. Discussions of how males and females get along in the school

How useful? (circle only one): 0 1 2

5. Talks about how races get along in the school

How useful? (circle only one): 0 1 2

Please turn to the next page and continue the survey.

**C. MORE INFORMATION**

1. Would you like to learn more about how to get along with other students?
(circle one) YES NO
2. Do adults at this school (teachers, parents, counselors) work with you on how to get along with others?
(circle one) YES NO
3. I believe there is a problem with bullies at this school.
(circle one) YES NO
4. If you think there is a problem with bullies, do you believe the adults in your school are doing **something** about it?
(circle one) NO BULLY PROBLEM YES NO
5. If you think there is a bully problem at your school, do you believe that adults are doing **enough** about it?
(circle one) NO BULLY PROBLEM YES NO

Write any comments below about how well adults at your school work on bullying problems and/or write what could be done about these problems.

Thank you for filling out the survey.



SUGGESTED INTERVIEW QUESTIONS

Note: It is recommended that these questions be used as a starting point for a qualitative evaluation of the bullying intervention program. Note that it may be useful to employ individuals who have had some training in interviewing or in qualitative research methods.

These questions could be posed to a random sample of students or could be addressed to a panel via focus-group-type methodology. However used, it is important that directions to individual or groups of students emphasize the confidential nature of responses. In addition, it is extremely central that student responses during these exercises be accepted with equanimity by interviewers if data are to reflect the life of the school with some veracity. Audio-taping is recommended; it is important to ask students' permission to record information: always stress confidentiality.

1. What is it like here at _____ [name of school]? That is, what is the feeling or climate like here? Describe it.
2. Generally speaking, how well do students get along with one another?
3. Are there identifiable [nameable] groups? What are the names of the main groups?
4. Is it common that certain students hang together? If so, could these groups be described with names? How do members of the groups relate to one another? For example, how do the [athletes] get along with [artsy] students?
5. Tell me some things that teachers or other adults in the building do to make student relationships better?
6. What are some things that teachers or other adults do that make things worse between students?
7. In your view, what is bullying?
8. What are some behaviors that make up bullying? [What might student A do to pick on student B?]
9. How much bullying [picking on/scapegoating] goes on at _____ [name of school]?
10. How does bullying affect young people? Can you provide an example?
11. Is it important to reduce bullying here?
12. If so, why? If not, why not?
13. Have adults [teachers, counselors, administrators] in the building done anything to reduce bullying?
14. If yes to #13, what?



15. If yes to #13, how has it been going?
16. Specifically, what has worked? What hasn't? Why?
17. Do some students get picked on more often than others? If so, why?
18. Why do other students get picked on?
19. Do you get picked on frequently? If so, why?
20. How do you or others handle bullying?
21. How do you feel when you see someone being picked on?
22. Do you ever step in when someone is being bullied? Why or why not?
23. What causes some students to become bullies?
24. How do you feel about bullying? Is there anything you'd like adults in the building to know about it?
25. What have you learned from any discussions of bullying?
26. Generally, how does this school *feel* to you?



STUDENT EVALUATION OF COUNSELING SERVICES

Instructions. Please help us make our school's counseling services the best that they can be by answering these questions.

For each of the statements given below, circle the answer that best describes your thoughts and feelings about the counseling help you received at school for the problem of bullying or being bullied by others.

1. The Counselor really listened to me and understood my problem(s).

How much do you agree? (circle one)

agree very much agree disagree disagree very much

2. The Counselor gave me enough time to talk things out and better understand the problem(s) I was facing.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

3. The Counselor helped me to solve my problem(s) with bullying or being bullied.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

4. I believe that the counseling I received helped me to feel safer while at school.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

5. The Counselor treated me with kindness and respect.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

6. The Counselor did not put me down or make fun of me.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

7. The Counselor encouraged me while I was trying to solve my problem(s).

How much do you agree? (circle one)

agree very much agree disagree disagree very much



8. When talking with me, the Counselor used words that I knew and could understand easily.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

9. I felt like the Counselor really cared about me and my problem(s).

How much do you agree? (circle one)

agree very much agree disagree disagree very much

10. The Counselor gave me a chance to learn better how other students feel about me and how I feel about others.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

11. Counseling helped me to learn what I needed to know about how to treat others and act better at school.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

12. Counseling helped me to better know my strengths and to understand what I do well.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

13. I am very happy with the help that I got from my Counselor.

How much do you agree? (circle one)

agree very much agree disagree disagree very much

Instructions: For the next three questions, simply print the answers in your own words that most honestly answer the questions.

14. What I liked best about counseling was _____

15. What I liked least about counseling was _____

16. How many times did you visit with the Counselor about your problem with bullying or being bullied by others? _____